



# CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

September 2019

## HB CERT HIGHLIGHTS

CERT Decathlon  
Page 1

US Open of Surfing  
Pages 1—2

National Night Out  
Page 2

Red Cross in Review  
Page 2

Summer Fun  
Page 3

Earthquake Safety  
Page 4

Photos: US Open of Surfing  
Page 5

Photos: National Night Out  
Pages 6—7

Photos: CERT Decathlon  
Pages 8—9

CERT Mission Statement,  
Upcoming CERT Events  
and Activities,  
CPR Classes,  
Newsletter Staff  
Page 10

## First Annual Orange County CERT Decathlon

*By Phil Burtis*

Ten of our CERT volunteers participated in what was billed as the “First Annual Orange County CERT Decathlon” on Wednesday, August 7th, 2019. It was held at the Newport Beach Fire Training Center, Fire Station #7.

The event was a joint training exercise that featured CERT groups from Huntington Beach, Newport Beach and Costa Mesa. Although not really a “contest”, the teams were all scored and the highest score was earned by Costa Mesa CERT. **Congratulations to their team!**

The exercise consisted of three different exercise stations and participants had to demonstrate skills in five areas:

1. a written test on the Field Operating Guide (FOG)
2. victim extrication after leveraging and cribbing
3. six-person stretcher carry
4. triage of 20 patients
5. setup of a medical treatment area

Once the activities were all complete, everyone gathered in the fire station’s bay and had an ice cream social. It was quite interesting to be in a room with 50 CERT volunteers and chat with people from different cities.

CERT plans to participate next year. We look forward to working as a team. It was a fun event so next year, please consider joining the training exercise.

---

## Huntington Beach, California 2019 U.S. Open of Surfing

*By Susan McClaran*

We had another successful year of maintaining our First Aid Tent for the U.S. Open of Surfing. This year proved to be less

hectic than past years and we were able to aid 209 visitors and event staff workers. I believe the event was better organized due to the fact that Van’s had the BMX and Skate events separated over the course of the eight days, leading to fewer people showing up at the same time. Hey, we’ll take it! First Aid Volunteers like it when it is more relaxed as this is one tent that needs to be slower paced. Don’t get me wrong, we had some moments that were hopping!

One afternoon we helped about a dozen people in just 45 minutes, one right after another. The typical injuries were minor: cuts and scrapes, many caused by wipeouts on bikes and skateboards. There were a few heat-related incidents, bites, bee stings and a couple of allergic reactions. Any allergic reaction is a serious event and can be life threatening. All passed through the doors of our tent this year just as in years past. Alas, not so lazy days at the beach when this event is in action!

This year, we were graced with the presence of a number of our Huntington Beach Battalion Chiefs (BC) overseeing us. It was wonderful working with BC Darren Witt for the first year and he was extremely supportive and caring for all the volunteers working at the event. BC Dave McBride assisted for half a day and BC Jeff Lopez was with us over the course of a couple of days and set up a small station next to us, demonstrating “Hands Only CPR”. In a small amount of time he was able to train over 180 visitors. Amazing! BC Lopez has an enormous amount of energy and an extraordinary acting talent. Participants loved interacting with him and had lots of fun. We were also visited by Division Chief Mark Daggett and BC Marty Ortiz and our very own Brevyn Mettler. I cannot tell you how special it is to know we have such support and care from our HB Fire Dept. and a very special “Thank You” to all of them. You are all much appreciated for all you do.

(continued on page 2)



## U.S. Open of Surfing (continued)

We could not conclude this missive without a VERY, VERY special "Thank You" to all the volunteers that assisted in this year's event: Jill Beideman, Jeanie Berman, John Bishop, Nancy Boyer, Melisse Bridges, Almudena Fernandez, Cynthia Goebel, Ben Hansen, Buffy Harris, Mimi Irvin, Larry Jones, Brenda Low, Karen Robinson, Ken Robinson, Barbara Scott, Linda Vircks, Linda Vollmar and, of course, we cannot fail to mention Carol and Phil Burtis. We appreciate their leadership, support and friendship.

Here's to another successful year, thank you all.

## National Night Out, August 6, 2019

*By Richard Batistelli, Local Raconteur*

Advertised as the "best way to build a safer community is to know your neighbors and surroundings," the National Night Out (NNO) is a yearly nationwide hometown campaign designed to "promote police and neighborhood" partnership and camaraderie.

Developed in 1984, this family friendly outdoor event is an amalgamation of locally oriented, multilevel, public-private networks. From its humble beginnings, the NNO has become a celebration beyond all expectations. As expressed by former US Senator Kay Bailey Hutchinson, "NNO triumphs over a culture that isolates us from each other and allows us to rediscover our own community."

Locally, the City of Huntington Beach has participated in the NNO movement for several years. This year the location was under the cool, tree-shaded bandstand area at Central Park. This was a welcome respite from previous years when the public was entertained at a hot, treeless parking lot at a neighborhood shopping center.

With facultations from the Orange County Chapter of the American Red Cross (ARC), I arrived early for my assignment and, after arranging the accouterments for my presentation, I watched an eurythmic movement of both vender and visitor as they meandered down the circuitous concrete path to our assembly area. As the community arrived on scene, they were greeted by a wide variety of public apparatus: fire truck, police, search and rescue, swat vehicles, mounted horses, K-9 and the city helicopter parked front and center on the lawn.

From the private sector, those attending met with volunteers from health care, the Senior Center, Alzheimer's OC, CERT, RACES, Neighborhood Watch, the American Legion and, of course, the American Red Cross to name just a few. For the kids, in addition to the horses, dogs and city equipment, they were entertained by face painting, games, a photo booth, cool drinks and delicious BBQ food.

Hats off to the organizers of this "fun for all" National Night Out event and, in particular, HBPD Officer Virginia Clara, Community Relations Specialist, whose efforts were very impressive. A great location made for a great time.

## The Red Cross in Review

*By Richard Batistelli*

In recent days, demonstrated by the ominous rumblings of the earth beneath us, California has been reminded, to its chagrin, of its long history of seismic activity. Going largely unnoticed was the response of hundreds of volunteers from the American Red Cross (ARC) being deployed from many sectors of this state to "ground zero" as a result of two earthquakes of magnitudes 6.4 and 7.1 which produced thousands of aftershocks.

With the primary shaking focused in the desert communities of Ridgecrest and Trona, populated by some 30,000 and with Los Angeles being the primary geographic responding region, response was immediate with its coterie of volunteers. Mutual aid, from neighboring regions, was quickly arriving from both the "Region of Desert to the Sea" (Orange, San Bernardino and Riverside Counties) and "Central California Region" (Kern County) providing both volunteers and material support to those in most need.

While our tireless ARC volunteers in SoCal were dealing with the shaking terra firma, equally impressive were the operations of other Red Cross volunteers in the "Pacific Division" of the American Red Cross, which is responsible for the US West Coast, plus Alaska, Hawaii, Guam and American Samoa. Recently, both Alaska and Hawaii have been dealing with large uncontrolled wildfires. Multiple Red Cross shelters have opened and received "clients" in both states. Trained and experienced local citizens, have themselves, already recently dealt with earthquakes, tsunamis, volcanic eruptions in past months, and now wildfires.

In summary, Red Cross classes in such basic subjects as Shelter Fundamentals, Logistics, etc., are available and have prepared active volunteers in the basic skills needed for caring for those citizens displaced by any and all forms of disaster. It is never too late to take the training and be better prepared for the next calamity, whether it is in your neighborhood or elsewhere.



### Senior Summer Fun!

#### **Brought to you by CERT**

As the mercury climbs, we try to enjoy the outdoors. But how to stay safe during the summer sun? See below.

Seniors are more vulnerable to heat-related illness including dehydration, exhaustion, and even sun stroke. Seniors are more vulnerable to heat-related illnesses because:

- Our bodies don't adjust as well or as quickly to sudden changes in temperature
- Chronic health conditions may limit our body's ability to respond to heat stress properly
- Some prescription drugs may even impair the body's ability to regulate temperature and the body's natural mechanisms to cool.

What can you do? – You may know many of these ideas but climate change is bringing surprisingly hotter temperatures that we may surprise us.

- Eat light cold meals, such as salads, or snack on chilled fruits and veggies.
- Use cool washcloths on the nape of the neck.
- Keep your home cool by closing the shades during the heat of the day.
- Wear lightweight cotton materials to protect yourself from the sun and aid in cooling.
- Relax with your feet in a cool water footbath.
- Take a cool shower or bath with the water temperature just below your body temp.
- Limit outdoor activities during the hottest part of the day.
- Visit a local cooling center, an air-conditioned mall or restaurant, or a movie when temperatures soar.
- If you are getting too hot but are house-bound, call a neighbor to help. Some residents have air conditioning and may be willing to have visitors on extra-hot days.

Where are the nearby cooling centers?

1. The Huntington Beach Central Library on Talbert & Goldenwest
2. The Huntington Beach Senior Center on Talbert & Goldenwest
3. The Huntington Beach Community Centers at Murdy Park and Edison Community Park
4. Founders Village Senior Center in Fountain Valley at 17967 Bushard
5. Mile Square Park Community Center in Fountain Valley at 16801 Euclid
6. Fountain Valley Library at 17635 Los Alamos Street
7. Costa Mesa Senior Center at 695 West 19<sup>th</sup> Street
8. Costa Mesa's Downtown Recreation Center Multi-Purpose Room at 1860 Anaheim Ave.
9. Donald Dungan Library at 1855 Park Ave. in Costa Mesa
10. The Mesa Verde Library at 2969 Mesa Verde Drive East in Costa Mesa
11. Costa Mesa's Technology Library at 2263 Fairview Rd, Ste A
12. Newport Beach Oasis Senior Center at 801 Narcissus
13. Westminster Senior Center at 88200 Westminster Blvd
14. Westminster Library at 8180 13<sup>th</sup> Street



From Ada J. Hand  
**Earthquake Safety**  
Watch “Bracing for a Quake,” a PBS show on YouTube

### **Living Room**

- Move furniture away from windows
  - Attach pictures securely to walls
  - Drop, cover & hold on to sturdy table or bar
  - Find protections where you are; if you are inside, stay there; outside, stay there
- \* Secure things on shelves
  - \* Strap down computers & TVs
  - \* Don't stand in doorway

### **Kitchen**

- Glass windows should have safety film
  - Put safety locks on cupboards
- \* Move out of kitchen – it's not safe
  - \* Eat food in fridge first; then freezer

### **Bedroom**

- Stay in bed when quake is shaking
  - Cover yourself with pillows & blankets
  - Put shoes & flashlight in bag tied to bed legs
- \* No mirror or glass over bed
  - \* Use bungee cords on bookshelves

### **Gas Meter & Water Tank**

- Keep wrench next to gas valve
  - Know where your utility shut-offs are
  - Consider an auto-shut-off for gas—if there's a strong earthquake, it shuts your gas off even when you're not at home
- \* Strap down your water heater
  - \* If water is shut off, line toilets with trash bags

### **Quake Insurance**

- The more equity you have, the more you need
  - Earthquake insurance
  - Keep important papers in your grab-n-go bag
  - Size up vulnerability: age, type of structure, land type
- \* Alternately, keep a nest egg for damage
  - \* There is a CA non-profit insurance company
  - \* Flood insurance is separate

### **In Your Car**

- Store sturdy shoes in your trunk
  - Pull to the side of the road & set brake
- \* Keep a grab-n-go kit
  - \* Beware of fallen power lines – stay in car

### **In Public Places**

- Move from windows, signs, & overhead things
  - In a covered parking lot, duck by a large vehicle for protection. The safest parking lot is an open-air one with no overhead wires.
- \* Move slowly to exits



US OPEN OF SURFING JULY 27—AUGUST 4, 2019





NATIONAL NIGHT OUT, AUGUST 6, 2019





NATIONAL NIGHT OUT, AUGUST 6, 2019 (continued)





CERT DECATHLON, AUGUST 7, 2019





CERT DECATHLON, AUGUST 7, 2019 (continued)



# CITY OF HUNTINGTON BEACH CERT

## Neighbors-Helping-Neighbors

**MISSION STATEMENT:** The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

### Upcoming CERT Events & Activities

- CERT General Membership Meeting, Thursday, September 12, 2019, 6:30 PM in B8.

**See CERT Portal to sign up for the following volunteer and training opportunities below:**

- Senior Saturday Logistics, Saturday, September 7, 6:30 am and 2:30 pm.
- First Aid / CPR / AED training, Saturday, September 21, 10 am to 2 pm.
- Air Show First Aid Booths, Friday, October 4, approximate time 8:30 am to 5:00 pm.
- Air Show First Aid Booths, Saturday, October 5, approximate time 8:30 am to 5:00 pm.
- Air Show First Aid Booths, Sunday, October 6, approximate time 8:30 am to 5:00 pm.
- Saturday, October 5 and Sunday, October 6, approximate time 8 am to 5 pm—help deliver first aid supplies to the booths in the morning and pick them up at 5 pm. You will be riding in a pickup truck with Phil Burtis.
- CERT Class registration help, October 25, 26, 27
- CERT Class Logistics help, October 25, 26, 27
- CERT Class help, Sunday, October 27, “Victims” needed in “drill your skills” portion of the class.

### CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee.

- Saturday, September 14, 10:00 am – 1:00 pm
- Wednesday, September 25, 6:00 pm – 9:00 pm
- Saturday, October 12, 10:00 am – 1:00 pm
- Wednesday, October 23, 6:00 pm – 9:00 pm
- Saturday, November 9, 10:00 am – 1:00 pm
- Wednesday, November 20, 6:00 pm – 9:00 pm
- Saturday, December 14, 10:00 am – 1:00 pm

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area and exact location given at time of enrollment.

CERT NEWSLETTER STAFF: Virginia Petrelis (Editor), Peter Petrelis (Publisher), Richard Batistelli, Anna Pinter, Cynthia Goebel, Carol Nehls, Rajarajeswari (Raji) Shunmugavel, Cathy Stanfill

### IMPORTANT ANNOUNCEMENT!

**CERT Website:** [www.huntingtonbeachca.gov/cert](http://www.huntingtonbeachca.gov/cert) **CERT Contact:** [CERT@surfcity-hb.org](mailto:CERT@surfcity-hb.org)  
**CERT Message line 714-536-5974 (THIS IS A MESSAGE LINE ONLY!)**